

# Your AI-Generated Schedule

Date	Time	Task	Duration
2025-09-17	08:00	MONDAY	1h
2025-09-17	09:00	Full-body gym (strength focus	1h
2025-09-17	10:00	3–6 reps	1h
2025-09-17	11:00	compound lifts)	1h
2025-09-17	12:00	Muscle / Function	1h
2025-09-17	13:00	Exercise	1h
2025-09-17	14:00	Sets x Reps	1h
2025-09-17	15:00	Notes	1h
2025-09-17	16:00	Quads & Glutes	1h
2025-09-17	17:00	Back Squat (or Front Squat)	1h
2025-09-17	18:00	4x4–6	1h
2025-09-17	19:00	Explosive up	1h
2025-09-17	20:00	controlled down	1h
2025-09-17	21:00	Hamstrings / Posterior Chain	1h
2025-09-17	22:00	Romanian Deadlift	1h
2025-09-17	23:00	3x5	1h

Date	Time	Task	Duration
2025-09-17	24:00	Slow down	1h
2025-09-17	25:00	fast up	1h
2025-09-17	26:00	focus on glutes & hamstrings	1h
2025-09-17	27:00	Single-Leg Stability	1h
2025-09-17	28:00	Bulgarian Split Squat	1h
2025-09-17	29:00	3x6/leg	1h
2025-09-17	30:00	Helps sprinting	1h
2025-09-17	31:00	kicking	1h
2025-09-17	32:00	balance	1h
2025-09-17	33:00	Upper Body Pull	1h
2025-09-17	34:00	Pull-Ups / Weighted Pull-Ups	1h
2025-09-17	35:00	4x6	1h
2025-09-17	36:00	Lats	1h
2025-09-17	37:00	posture	1h
2025-09-17	38:00	sprint arm drive	1h
2025-09-17	39:00	Upper Body Push	1h
2025-09-17	40:00	Bench Press / Dumbbell Press	1h
2025-09-17	41:00	3x5	1h

Date	Time	Task	Duration
2025-09-17	42:00	Explosive push for tackling & shoulder strength	1h
2025-09-17	43:00	Upper Body Pull / Shoulder	1h
2025-09-17	44:00	Barbell or Dumbbell Row	1h
2025-09-17	45:00	3x6	1h
2025-09-17	46:00	Upper back	1h
2025-09-17	47:00	posterior shoulder	1h
2025-09-17	48:00	anti-rotation	1h
2025-09-17	49:00	Core / Anti-Rotation	1h
2025-09-17	50:00	Pallof Press / Plank with Arm Lift	1h
2025-09-17	51:00	3x30–45s	1h
2025-09-17	52:00	Core stability & injury prevention	1h
2025-09-17	53:00	Grip / Full Body Tension	1h
2025-09-17	54:00	Farmer Carry	1h
2025-09-17	55:00	2x40m	1h
2025-09-17	56:00	Grip	1h
2025-09-17	57:00	posture	1h
2025-09-17	58:00	total-body tension	1h
2025-09-17	59:00	Full-Body Post-Workout Recovery & Stretching	1h

Date	Time	Task	Duration
2025-09-17	60:00	Lower Body / Hips	1h
2025-09-17	61:00	Hip Flexor Stretch (Runner's Lunge) – 2×30s per leg	1h
2025-09-17	62:00	Open hips	1h
2025-09-17	63:00	improve stride length.	1h
2025-09-17	64:00	Hamstring Stretch (Seated or Standing) – 2×30s per leg	1h
2025-09-17	65:00	Prevent hamstring tightness after squats & RDLs.	1h
2025-09-17	66:00	Glute Stretch (Figure 4 Stretch) – 2×30s per leg	1h
2025-09-17	67:00	Relieves glutes	1h
2025-09-17	68:00	supports explosive movements.	1h
2025-09-17	69:00	Adductor Stretch (Butterfly or Side Lunge Stretch) – 2×30s	1h
2025-09-17	70:00	Helps side-to-side movement on the pitch.	1h
2025-09-17	71:00	Upper Body / Shoulders / Back	1h
2025-09-17	72:00	Chest Stretch (Doorway Stretch) – 2×30s	1h
2025-09-17	73:00	Opens chest after bench press.	1h
2025-09-17	74:00	Lat Stretch (Overhead Reach / Child's Pose Variation) – 2×30s	1h
2025-09-17	75:00	Loosens lats after pull-ups and rows.	1h

Date	Time	Task	Duration
2025-09-17	76:00	Rear Delts / Upper Back Stretch – 2×30s	1h
2025-09-17	77:00	Cross arm across chest and pull gently.	1h
2025-09-17	78:00	Core / Spine	1h
2025-09-17	79:00	Cat-Cow Stretch – 2×10 slow reps	1h
2025-09-17	80:00	Mobilizes spine and core.	1h
2025-09-17	81:00	Stir the Pot (on Stability Ball) – 2–3×30s	1h
2025-09-17	82:00	Keep hips stable	1h
2025-09-17	83:00	rotate arms in circles; engages deep core.	1h
2025-09-17	84:00	Seated Spinal Twist – 2×30s per side	1h
2025-09-17	85:00	Improves thoracic mobility and rotation for kicking & turning.	1h
2025-09-17	86:00	Full-Body / Dynamic Release	1h
2025-09-17	87:00	Foam Rolling (Optional but Recommended) – 5–10 min	1h
2025-09-17	88:00	Quads	1h
2025-09-17	89:00	hamstrings	1h
2025-09-17	90:00	glutes	1h
2025-09-17	91:00	calves	1h
2025-09-17	92:00	lats	1h
2025-09-17	93:00	upper back.	1h

Date	Time	Task	Duration
2025-09-17	94:00	TUESDAY	1h
2025-09-17	95:00	Solo Soccer Plyometrics + Linear Speed Session (60–70 min)	1h
2025-09-17	96:00	1. Warm-Up (10–12 min)	1h
2025-09-17	97:00	Leg swings (forward/ back) 10 each leg	1h
2025-09-17	98:00	Hip circles 10 each side	1h
2025-09-17	99:00	Arm swings & shoulder circles 10 reps	1h
2025-09-17	100:00	High knees 2x20m	1h
2025-09-17	101:00	Butt kicks 2x20m	1h
2025-09-17	102:00	A-skips / B-skips 2x20m	1h
2025-09-17	103:00	2. Plyometric Drills (25– 30 min)	1h
2025-09-17	104:00	Explosive Lower Body	1h
2025-09-17	105:00	Standing broad jumps: 3x6	1h
2025-09-17	106:00	Single-leg hops (forward): 2x6 per leg	1h
2025-09-17	107:00	Depth jumps (low box / step): 3x5	1h
2025-09-17	108:00	Tuck jumps: 2x10	1h
2025-09-17	109:00	Split squat jumps: 3x8 per leg	1h
2025-09-17	110:00	Bounding / Power skips: 2x15m – exaggerate stride	1h
2025-09-17	111:00	arm drive	1h

Date	Time	Task	Duration
2025-09-17	112:00	Single-leg box hops: 2x6 per leg	1h
2025-09-17	113:00	Focus: Single-leg power	1h
2025-09-17	114:00	hip extension	1h
2025-09-17	115:00	landing control	1h
2025-09-17	116:00	3. Linear Acceleration Sprints (20 min)	1h
2025-09-17	117:00	10–15m sprints from standing: 6–8 reps	1h
2025-09-17	118:00	full effort	1h
2025-09-17	119:00	walk back recovery	1h
2025-09-17	120:00	20–30m sprints from 3-point start / jogging start: 4–6 reps	1h
2025-09-17	121:00	Flying sprints (10m build-up + 20m sprint): 3–4 reps	1h
2025-09-17	122:00	Focus: Explosive first steps	1h
2025-09-17	123:00	sprint mechanics	1h
2025-09-17	124:00	top-end speed	1h
2025-09-17	125:00	4. Core / Stability (Optional	1h
2025-09-17	126:00	5–8 min)	1h
2025-09-17	127:00	Stir the Pot (stability ball): 2–3x30s controlled circles	1h
2025-09-17	128:00	Planks / Side Planks: 2x30–45s each	1h
2025-09-17	129:00	Focus: Core stability	1h

Date	Time	Task	Duration
2025-09-17	130:00	essential for balance and tackling	1h
2025-09-17	131:00	5. Cool-Down & Stretching (5–8 min)	1h
2025-09-17	132:00	Light jogging / walking	1h
2025-09-17	133:00	Static stretches: hamstrings	1h
2025-09-17	134:00	quads	1h
2025-09-17	135:00	calves	1h
2025-09-17	136:00	glutes	1h
2025-09-17	137:00	hip flexors	1h
2025-09-17	138:00	Foam rolling optional	1h
2025-09-17	139:00	WEDNESDAY	1h
2025-09-17	140:00	Soccer-Specific Strength-Endurance / Acceleration Session (60–70 min)	1h
2025-09-17	141:00	1. Lower Body – Explosive & Isometric	1h
2025-09-17	142:00	Exercise	1h
2025-09-17	143:00	Sets x Duration / Reps	1h
2025-09-17	144:00	Pitch Benefit	1h
2025-09-17	145:00	Goblet Squat	1h
2025-09-17	146:00	3×12	1h
2025-09-17	147:00	Strengthens quads & glutes for sprinting & tackling	1h



Date	Time	Task	Duration
2025-09-17	148:00	Bulgarian Split Squat	1h
2025-09-17	149:00	3×12/leg	1h
2025-09-17	150:00	Single-leg power for kicking & cutting	1h
2025-09-17	151:00	Lunge Hold / Split-Lunge Iso	1h
2025-09-17	152:00	3×20–30s/leg	1h
2025-09-17	153:00	Improves sprint stride stability & balance under fatigue	1h
2025-09-17	154:00	Romanian Deadlift	1h
2025-09-17	155:00	3×12	1h
2025-09-17	156:00	Hamstring & glute endurance for repeated acceleration	1h
2025-09-17	157:00	Wall Sit	1h
2025-09-17	158:00	3×30–45s	1h
2025-09-17	159:00	Maintain defensive stance & posture	1h
2025-09-17	160:00	Calf Raise	1h
2025-09-17	161:00	3×15–20	1h
2025-09-17	162:00	Push-off power for sprints & quick changes	1h
2025-09-17	163:00	2. Upper Body – Push & Pull	1h
2025-09-17	164:00	Exercise	1h
2025-09-17	165:00	Sets x Reps	1h

Date	Time	Task	Duration
2025-09-17	166:00	Pitch Benefit	1h
2025-09-17	167:00	Dumbbell Bench Press	1h
2025-09-17	168:00	3×12	1h
2025-09-17	169:00	Explosive arms for shielding & tackling	1h
2025-09-17	170:00	Push-Up Hold	1h
2025-09-17	171:00	3×15–20s	1h
2025-09-17	172:00	Core + upper body endurance for physical duels	1h
2025-09-17	173:00	Dumbbell Row	1h
2025-09-17	174:00	3×12	1h
2025-09-17	175:00	Upper back endurance for posture & sprint arm drive	1h
2025-09-17	176:00	Lateral Raise	1h
2025-09-17	177:00	3×12–15	1h
2025-09-17	178:00	Shoulder stability for balance when running or defending	1h
2025-09-17	179:00	Rear Delt Fly	1h
2025-09-17	180:00	3×12–15	1h
2025-09-17	181:00	Prevents rounded shoulders	1h
2025-09-17	182:00	helps tackling posture	1h

Date	Time	Task	Duration
2025-09-17	183:00	3. Core / Stability	1h
2025-09-17	184:00	Exercise	1h
2025-09-17	185:00	Sets x Duration / Reps	1h
2025-09-17	186:00	Pitch Benefit	1h
2025-09-17	187:00	Plank Variations	1h
2025-09-17	188:00	3×30–60s	1h
2025-09-17	189:00	Maintain strong defensive stance & posture	1h
2025-09-17	190:00	Pallof Press	1h
2025-09-17	191:00	3×12–15	1h
2025-09-17	192:00	Anti-rotation core for tackling & shielding	1h
2025-09-17	193:00	Hollow Hold	1h
2025-09-17	194:00	3×20–30s	1h
2025-09-17	195:00	Core endurance for sprinting & jumping	1h
2025-09-17	196:00	4. Acceleration-Specific Extras	1h
2025-09-17	197:00	Bodyweight Jump Squats – 3×12	1h
2025-09-17	198:00	Explosive take-offs for attacking and recovering position	1h
2025-09-17	199:00	Single-Leg Hops Forward – 2×6/leg	1h
2025-09-17	200:00	Push-off power & balance for sprinting / changing direction	1h

Date	Time	Task	Duration
2025-09-17	201:00	FRIDAY	1h
2025-09-17	202:00	Bodyweight Explosive Session for Soccer (50–60 min)	1h
2025-09-17	203:00	1. Warm-Up (8–10 min)	1h
2025-09-17	204:00	High knees 2x20m	1h
2025-09-17	205:00	Butt kicks 2x20m	1h
2025-09-17	206:00	A-skips / B-skips 2x20m	1h
2025-09-17	207:00	Mini hops / jump rope simulation 2–3 min	1h
2025-09-17	208:00	Hip circles	1h
2025-09-17	209:00	leg swings	1h
2025-09-17	210:00	arm circles	1h
2025-09-17	211:00	2. Lower Body Explosiveness	1h
2025-09-17	212:00	Exercise	1h
2025-09-17	213:00	Sets x Reps	1h
2025-09-17	214:00	Notes / Pitch Benefit	1h
2025-09-17	215:00	Jump Squats	1h
2025-09-17	216:00	3x12	1h
2025-09-17	217:00	Vertical jump power for headers & sprints	1h
2025-09-17	218:00	Bulgarian Split Jump	1h

Date	Time	Task	Duration
2025-09-17	219:00	3×6/leg	1h
2025-09-17	220:00	Single-leg explosiveness for sprinting & cutting	1h
2025-09-17	221:00	Walking Bounds / Single-Leg Bounding	1h
2025-09-17	222:00	3×8–10 per leg	1h
2025-09-17	223:00	Horizontal power for acceleration & stride length	1h
2025-09-17	224:00	Single-Leg Hops (forward)	1h
2025-09-17	225:00	2×6/leg	1h
2025-09-17	226:00	Push-off & balance for sprinting & changing direction	1h
2025-09-17	227:00	3. Upper Body Explosiveness	1h
2025-09-17	228:00	Exercise	1h
2025-09-17	229:00	Sets x Reps	1h
2025-09-17	230:00	Notes / Pitch Benefit	1h
2025-09-17	231:00	Clap Push-Ups / Explosive Push-Ups	1h
2025-09-17	232:00	3×8–10	1h
2025-09-17	233:00	Upper body power for tackling & shielding	1h
2025-09-17	234:00	Pike Push-Ups	1h
2025-09-17	235:00	3×8–10	1h
2025-09-17	236:00	Shoulder explosiveness	1h

Date	Time	Task	Duration
2025-09-17	237:00	Superman Explosive Raises	1h
2025-09-17	238:00	3×10	1h
2025-09-17	239:00	Posterior chain	1h
2025-09-17	240:00	sprint posture	1h
2025-09-17	241:00	4. Footwork & Agility (Fast Feet)	1h
2025-09-17	242:00	Drill	1h
2025-09-17	243:00	Sets x Duration	1h
2025-09-17	244:00	Notes / Pitch Benefit	1h
2025-09-17	245:00	Ladder or imaginary quick feet	1h
2025-09-17	246:00	3×20s	1h
2025-09-17	247:00	Foot speed	1h
2025-09-17	248:00	coordination	1h
2025-09-17	249:00	reaction	1h
2025-09-17	250:00	High Knees in Place (Fast Feet)	1h
2025-09-17	251:00	3×20s	1h
2025-09-17	252:00	Quick leg turnover for sprints & defensive reactions	1h
2025-09-17	253:00	Lateral Quick Step Touch (side-to-side	1h
2025-09-17	254:00	short distance)	1h

Date	Time	Task	Duration
2025-09-17	255:00	3×20s	1h
2025-09-17	256:00	Agility & change-of-direction speed	1h
2025-09-17	257:00	5. Core Explosiveness	1h
2025-09-17	258:00	Exercise	1h
2025-09-17	259:00	Sets x Reps	1h
2025-09-17	260:00	Notes / Pitch Benefit	1h
2025-09-17	261:00	Hollow Hold / Flutter Kicks	1h
2025-09-17	262:00	3×20–30s	1h
2025-09-17	263:00	Core endurance for sprints & stability	1h
2025-09-17	264:00	Russian Twists (bodyweight)	1h
2025-09-17	265:00	3×12–15	1h
2025-09-17	266:00	Rotational power for turning & accelerating	1h